

Abstract

The research was conducted to examine differences in the level of fatigue and injury risk between a desk that have been designed and a standard desk, as well as comparing the significance, advantages and disadvantages of the two methods used. The method used is ROSA (Rapid Office Strain Assessment) and JSI (Job Strain Index). The research was conducted on 13 respondents to see posture when using a notebook with the respondent for 2 hours at each desk. Based on statistical tests, there is a significant difference between the two desks of the methods of ROSA. While the JSI method, there is no significant difference. Both methods were not correlated to the use of these two methods are complementary.

Keywords: *notebook, ROSA (Rapid Office Strain Assessment), JSI (Job Strain Index).*

Abstrak

Penelitian dilakukan untuk menguji perbedaan tingkat risiko kelelahan dan cedera antara meja yang telah dirancang dengan meja standar, serta membandingkan signifikansi, kelebihan dan kelemahan dari dua metode yang digunakan. Metode yang digunakan adalah ROSA (*Rapid Office Strain Assessment*) dan JSI (*Job Strain Index*). Penelitian dilakukan terhadap 13 responden untuk melihat postur responden saat menggunakan *notebook* dengan selama 2 jam pada masing-masing meja. Berdasarkan uji statistik, terdapat perbedaan signifikan antara kedua meja terhadap metode ROSA. Sedangkan pada metode JSI, tidak terdapat perbedaan yang signifikan. Kedua metode pun tidak memiliki korelasi sehingga penggunaan kedua metode saling melengkapi.

Kata kunci: *notebook*, ROSA (*Rapid Office Strain Assessment*), JSI (*Job Strain Index*).